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Nutri - Topics

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Nutrition and the Elderly

Books, Book Chapters (in order by year)

Nutrition in Aging. 2nd ed. Eleanor Schlenker. St. Louis, MO: Mosby Year Book. 1993. 386 pp.

Geriatric Nutrition. 3rd ed. Daphne A. Roe. Englewood Cliffs, NJ: Prentice Hall. 1992. 280 pp.

Geriatric Patient Education Resource Manual. Vol. 1. Kenneth E. Lawrence (dir.) and Sara N. DiLima (ed.). Gaithersburg, MD: Aspen Publishers, Inc. 1992.

Nutrition Interventions Manual for Professionals Caring for Older Americans. Executive Summary. American Academy of Family Physicians, The American Dietetic Association, and National Council on the Aging, Inc. Washington, DC: Nutrition Screening Initiative. 1992. 56 pp.

Effective Menu Planning for the Elderly Nutrition Program. Gerontological Nutritionists and Sara S. Rhodes (ed.). Chicago, IL: The American Dietetic Association. 1991. 191 pp.

Geriatric Nutrition: The Health Professional's Handbook. Ronni Chernoff (ed.). Gaithersburg, MD: Aspen Publishers, Inc. 1991. 500 pp.

The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

- Nutrition Screening Manual for Professionals Caring for Older Americans.* American Academy of Family Physicians, The American Dietetic Association, and National Council on the Aging, Inc. Washington, DC: Nutrition Screening Initiative. 1991. 24 pp.
- "Nutritional needs of the elderly." Irwin H. Rosenberg. In: *Nutrition Research: Future Directions and Applications.* J. E. Fielding and H. I. Frier (eds.). New York: Raven Press. 1991. pp. 55-60.
- Report of Nutrition Screening 1: Toward a Common View. Executive Summary.* American Academy of Family Physicians, The American Dietetic Association, and National Council on the Aging, Inc. Washington, DC: Nutrition Screening Initiative. 1991. 80 pp.
- Screening Older Americans' Nutritional Health: Current Practices and Future Possibilities.* Johanna T. Dwyer (dir.) and Dorothy Campbell (ed.). Boston, MA: Tufts University. 1991. 24 pp.
- Geriatric Nutrition: A Comprehensive Review.* John E. Morley, Zvi Glick, and Laurence Z. Rubenstein, (eds.). New York: Raven Press. 1990. 503 pp.
- Health Promotion Programs for Older Adults: A Planning and Management Guide.* Cathy Stauffer Kimble and Mary E. Longe. Chicago, IL: American Hospital Publishing, Inc. 1989. 411 pp.
- "Lipids, nutrition and cardiovascular disease in the elderly." William B. Kannel. In: *Dietary Fat Requirements in Health and Development.* Joyce Beare-Rogers (ed.). Champaign, IL: American Oil Chemists Society. 1988. pp. 191-200.

Journal Articles (in order by year)

- "Are older Americans making better food choices to meet diet and health recommendations?" *Nutrition Reviews*, 51(1):20-22. 1993.
- "Assessing nutritional status in elderly patients." J. T. Dwyer, J. J. Gallo, and W. Reichel. *American Family Physicians*, 47(3):613-620. 1993.
- "Dietary measures to decrease disability in elderly women." C. N. Meredith. *Nutrition and the M.D.*, 19(1):1-3. 1993.

- "Health foods and supplements for the elderly. Who can say no?" D. A. Roe. *New York State Journal of Medicine*, 93(2):109-112. 1993.
- "The management of non-insulin-dependent diabetes mellitus in the elderly." G. Ruoff. *Journal of Family Practice*, 36(3):329-335. 1993
- "Aging and appetite." Barbara J. Rolls. *Nutrition Reviews*, 50(12):422-426. 1992.
- "Changing nutrient requirements in older adults." Jeffrey B. Blumberg. *Nutrition Today*, 15-20 pp. Sept./Oct. 1992.
- "Characteristics related to elderly persons not eating for 1 or more days: implications for meal programs." Edward A. Frongillo, et al. *American Journal of Public Health*, 82(4):600-602. 1992.
- "Designing foods for the elderly: an American view." Carole R. Dichter. *Nutrition Reviews*, 50(12):480-483. 1992.
- "Exercise, nutrition and aging." William J. Evans. *Journal of Nutrition*, 122(3 suppl):796-801. 1992.
- "Macronutrient needs in the elderly." Vernon R. Young. *Nutrition Reviews*, 50(12):454-462. 1992.
- "Micronutrient requirements of the elderly." Robert M. Russell. *Nutrition Reviews*, 50(12):463-466. 1992.
- "A national survey of nutritional risk among the elderly." S. Lynn Parker. *Journal of Nutrition Education*, 24(1 suppl):235. 1992.
- "Nutrient requirements of the elderly: an overview." Norimasa Hosoya. *Nutrition Reviews*, 50(12):447-448. 1992.
- "Nutrition and immunity in the elderly." Ranjit K. Chandra. *Nutrition Reviews*, 50(12):367-371. 1992.
- "Nutrition education for homebound elderly." Carol L. Hans. *Journal of Extension*, 30:36. Fall 1992.
- "Nutritional concerns in the elderly." James S. Powers and Catherine Folk. *Southern Medical Journal*, 85(11):1107-1112. 1992.

- "The role of nutrition in the functioning of skeletal tissue." John J. B. Anderson. *Nutrition Reviews*, 50(12):388-394. 1992.
- "Aging and weight control: dietary management of diabetes." Judith Wylie-Rosett and Lynn Edlen-Nezin. *Journal of Nutrition for the Elderly*, 10(4):7-30. 1991.
- "Dysphagia and nutrition in the acute care geriatric patient." Frederick Tripp and Olga Cordero. *Topics in Clinical Nutrition*, 6(2):60-69. 1991.
- "Effectiveness of a nutrition education program designed for sodium reduction in hypertensive versus normotensive elderly." Janet S. Colson and Nancy R. Green. *Journal of Nutrition for the Elderly*, 11(1/2):31-47. 1991.
- "An exploratory study of attitudes, beliefs and practices related to the interim dietary guidelines for reducing cancer in the elderly." E. E. Ho, Florence C.Y. Lee, and Frank L. Meyskens, Jr. *Journal of Nutrition for the Elderly*, 10(4):31-49. 1991.
- "Maximizing nutrition in the second fifty." Johanna Dwyer, Jacquelyn Coletti, and Dorothy Campbell. *Clinics in Applied Nutrition*, 1(4):19-31. 1991.
- "Nutrition and aging." Food and Nutrition Service, Nutrition and Technical Services Division, Nutrition Science and Education Branch. *Nutrition Update*, 3:1-12. 1991.
- "Nutrition education for osteoporosis patients: an innovative approach to care for the chronically ill elderly." Connie W. Bales and Deborah T. Gold. *Journal of Nutrition Education*, 23(3):120-127. 1991.
- "Nutrition knowledge, attitudes and practices of older and younger elderly in rural areas." Colleen A. Fischer, et al. *Journal of the American Dietetic Association*, 91(11):1398-1401. 1991.
- "Nutritional problems of the elderly." Sohrab Mobarhan and Linda S. Trumbore. *Clinics in Geriatric Medicine*, 7(2):191-214. 1991.
- "Quick and easy steps to a high fiber diet for the elderly." Kathryn H. Timmons and Sally DuFord. *Journal of Nutrition Education*, 23(5):260G. 1991.
- "Tips on promoting food and fluid intake in the elderly." Dolores M. Alford. *Journal of Gerontological Nursing*, 17(11):44-46. 1991.

- "Appropriate topics for nutrition education for the elderly." Jeanne P. Goldberg, Stanley N. Gershoff, and Robert B. McGandy. *Journal of Nutrition Education*, 22(6):303-310. 1990.
- "Contribution of various food groups to dietary vitamin B-6 intake in free-living, low-income elderly persons." Melinda M. Manore, Linda A. Vaughan, and William R. Lehman. *Journal of the American Dietetic Association*, 90(6):830-831. 1990.
- "Dietary habits and beliefs of elderly people." Norman Vetter, et al. *Health Visitor*, 63(8):263-265. 1990.
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- "Long-term effects of a vegetarian diet on the nutritional status of elderly people (Dutch nutrition surveillance system). Michiel R. H. Lowik, et al. *Journal of the American College of Nutrition*, 9(6):600-609. 1990.
- "A model for assessment of nutrition and successful aging in a retirement community." James L. Cresanta, Douglas D. Schocken, and Nancy A. Brandenburg. *Clinical Nutrition*, 9(1):21-25. 1990.
- "Nutrition in the geriatric patient." Maria Fiatarone. *Hospital Practice*, 25(9A):38-40, 45, 49-54. 1990.
- "The nutritional assessment of the successfully aged." Douglas L. Taren and Sue Schler. *Clinical Nutrition*, 9(1):7-16. 1990.
- "Nutritional implications of medication use and misuse in elderly." Mary C. Cook and Douglas L. Taren. *Journal of the Florida Medical Association*, 77(6):606-613. 1990.
- "Nutritional requirements in the elderly." Samuel Klein and Richard Rogers. *Gastroenterology Clinics of North America*, 19(2):473-491. 1990.
- "Trans-cultural aspects of nutrition in old age." Mark L. Wahlqvist and Antigone Kouris. *Age and Ageing*, 19:S43-S52. 1990.
- "Approaches to nutritional care in the elderly." Cynthia T. Henderson. *Comprehensive Therapy*, 15(6):25-30. 1989.

- "The determinants of food choices of the elderly." Margaret E. Briley. *Journal of Nutrition for the Elderly*, 9(1):39-45. 1989.
- "Dietary recommendations of minerals for the elderly." Jeanne H. Freeland-Graves and Connie W. Bales. *Current Topics in Nutrition and Disease*, 21:3-14. 1989.
- "Nutrition and aging." Richard C. Nelson and Lorraine R. Franzi. *Medical Clinics of North America*, 73(6):1531-1550. 1989.
- "Nutrition-related problems in the institutionalized elderly." Trish Welch. *Dietetic Currents*, 16(1):1-4. 1989.
- "Nutritional factors in bone health in elderly subjects: methodological and contextual problems." Robert P. Heaney. *American Journal of Clinical Nutrition*, 50(5):1182-1189. 1989.
- "The relationship between a nutrition education program and nutrition knowledge and eating behaviors of the elderly." Barbara A. Bedell and Patricia A. Shackleton. *Journal of Nutrition for the Elderly*, 8(3/4):35-45. 1989.
- "The use of pureed diets among the elderly." Mary Marshall Cluskey. *Dietetic Currents*, 16(4):17-20. 1989.
- "The use of texture modified diets among the institutionalized elderly." Mary Marshall Cluskey. *Journal of Nutrition for the Elderly*, 9(1):3-17. 1989.
- "What is the nutritional status of the elderly." Jia Ju Zheng and Irwin H. Rosenberg. In: *Geriatrics*, 44(6):57-58, 60, 63-64. 1989.

Audiovisuals and Handouts

- Eating Healthy for the Best Years*. (1992). Turner Educational Services, 10 North Main Street, Yardley, PA 19067. (800) 742-1096. **Includes:** 23 min. (VHS) videocassette. **Contents:** Demonstrates how seniors can incorporate nutrition and fitness into their daily routines. **Audience:** Consumer.
- Eating for your Health*. (1988). American Association of Retired Persons, Merrick Communication, and FDA. **Includes:** 13:57 min. VHS videocassette. **Contents:** This program was designed to help older consumers with their special diet needs especially low-sodium. It discusses special diets and how to shop for them. **Audience:** Consumer.

Eating for your Health. (1988). American Association of Retired Persons. **Includes:** 68 slides and 15 min. audiocassette. **Contents:** This program was designed to help older consumers with their special diet needs especially low-sodium. It discusses special diets and how to shop for them. **Audience:** Consumer

Age Page. (1991). A series of fact sheets in large print are available from the National Institute on Aging Information Office, 9000 Rockville Pike, Building 31, Bethesda, MD 20892. (301) 496-1752.

National Contacts:

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd, Beltsville, MD 20705-2351. (301) 504-5719.

Gerontological Nutritionists Dietetic Practice Group, The American Dietetic Association, 216 West Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040.

National Institutes of Health, National Institute on Aging (NIA), 9000 Rockville Pike, Building 31, Bethesda, MD 20892. (301) 496-1752.

Office of Disease Prevention and Health Promotion (ODPHP), National Health Information Center, P.O. Box 1133, Washington, DC 20013-1133. (800) 336-4797; Washington Metropolitan Area: (301) 565-4167.

U.S. Administration on Aging, 330 Independence Avenue, SW, Washington, DC 20201. (202) 619-1006.

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